

# SUMMER REMEDIES CHEAT SHEET

## BUG BITE POWDER

*Easy & inexpensive; a good first choice remedy.*

- Dab kaolin clay directly on itchy bug bites.
- Mix kaolin clay with witch hazel, herbal tea, or water to form a paste. Apply to bug bites.

Allow to air dry whenever possible, reapply as needed.

## VINEGAR & WITCH HAZEL REMEDY

*Dab directly on bug bites, chiggers, and/or add 1 c. to a bath.*

*If you don't have witch hazel, use more vinegar instead.*

1. Fill a canning jar 3/4 way with chopped fresh herbs (or 1/2 way dried herbs).
2. Add apple cider vinegar just until the herbs are covered.
3. Next, add witch hazel until the jar is almost filled. Stir well.
4. Cover with plastic/non-reactive lid. Infuse for 2 to 4 weeks, strain. Store in fridge 3 months.

Herbs to mix & match: plantain, violet, jewelweed, rose, yarrow, calendula, lavender.

## OATMEAL MILK BATH

*For itchy or irritated skin.*

- 1 c. rolled oats
  - 1/2 c. milk powder
  - 1/2 c. crumbled dry herbs
  - Herbs to try: plantain, calendula, violet leaves, yarrow, rose petals
- Mix. Tie up in a sock or muslin bag & drop in bath water.

## SUNBURN CUBES

*Keep stashed in freezer for quick sunburn relief!*

- 1/2 c. chopped fresh plantain or comfrey leaves
- 1/2 c. aloe gel (fresh or bottled)
- 1/2 c. water
- 1/2 c. witch hazel

Blend. Strain. Freeze juice in ice trays.

Store in freezer. Rub gently over skin, continually moving. Or, thaw in fridge before use. Air dry, or gently rinse with cool water.

## CUCUMBER ALOE TREATMENT

*Make & use the same day, for overheated or irritated skin.*

- 1 c. cucumber slices
- 1 tbsp aloe gel
- 2 tbsp water or witch hazel

Blend, add extra water if needed.

Rub over face and body, leave 10 minutes, rinse with tepid water.

## CALENDULA TEA

*Soothes sunburn, diaper rash, heat rash, bug bites.*

- 1 part dried or fresh calendula flowers
- 2 parts simmering water

*Steep until cooled. Strain. Store in fridge 2 days or freeze in ice trays.*

*Use cotton balls or spray bottle to apply to your skin.*

## PHOTOTOXIC EOS TO KNOW

*Avoid in daytime products; can make skin prone to sunburn.*

- Regular Bergamot (*Citrus bergamia*)
- Cold Pressed Lemon (*Citrus x limon*)
- Grapefruit (*Citrus x paradise*)
- Cold Pressed Lime (*Citrus x aurantifolia*)